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# COPING WITH THE SEASONS: WORKBOOK: WORKBOOK: A COGNITIVE-BEHAVIORAL APPROACH TO SEASONAL AFFECTIVE DISORDER (PAPERBACK)



Oxford University Press Inc, United States, 2008. Paperback. Book Condition: New. Workbook. 272 x 208 mm. Language: English . Brand New Book. Seasonal Affective Disorder (SAD) is a form of major depression that recurs at the same time every year, in the late autumn-winter months. The causes of SAD are not entirely known, though it is believed that the change in the availability of sunlight is the trigger. Statistics show that SAD becomes increasingly common the farther people live north...

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- Authored by Kelly J Rohan
- Released at 2008



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